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ABSTRACT

Research is increasingly used as the benchmark of clinical quality and evidence-based practice is likely to determine standards for psychotherapists in the future. This book explains why psychotherapeutic services should be more evidenced-based, and presents the types of evidence thought to be most relevant to psychological therapies. The potential impact of evidence on practice is illustrated across a range of clinical settings and therapeutic models. It considers how evidence can be gathered for use with different practices, from behavioral therapies to psychoanalysis. The use of evidence in different therapeutic contexts is illustrated through discussion of: the place of hypotheses in the consulting room and how they are likely to differ in different treatment models; the relationships between qualitative and quantitative research and treatment; and the contributions evidence from audits makes to the improvement of clinical services. This information can help psychotherapists, counselors, and providers become better informed about the place for evidence-based approaches. It will also assist therapists in evaluating the promise and limitations of evidence-based practice for themselves. (Contains 2 tables, 7 figures, and 107 references.) (JDM)

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